

Course Information Sheet

Course Title: Functional Training

Course Description: Legendary trainer Juan Carlos Santana brings you his revolutionary approach to training and conditioning methods that are sure to improve your function in any sport or activity. This course covers the recent breakthroughs, a variety of exercises, and proven programs that you can follow or incorporate into your existing training plan. Offering strength, endurance, power, and sport-specific exercises and programming, Functional Training is a comprehensive resource for every athlete, coach, and athletic trainer. Covering the concepts, exercises, progressions, and sequencing on which a sound functional training program is based, it addresses the needs of more than 11 sports and features 135 exercises, including body weight, bands and pulleys, dumbbells and kettlebells, medicine balls, and stability balls. Functional Training features a three-tier approach for integrating functional movements into an existing strength program. Through assessment and analysis, you'll identify the movements and muscles involved in your sport, then select the best exercises and programs based on desired results and performance goals. In addition to quick exercise sequences and personalized programming to address the big four sport skills, more comprehensive programs can be developed to address your athletic and performance needs and goals.

Learning Objectives:

1. Describe the difference between functional training and other forms of strength training
2. Identify and debunk myths of functional training
3. Explain the need appropriate equipment for various exercises
4. Understand the Four Pillars of Human Movement, sports skills, and power
5. List the components and criteria for functional and effective training
6. Differentiate between appropriate exercises for individualization based on need and sport
7. Properly evaluate movement patterns and manipulate functional intensity
8. Integrate medicine balls, traditional strength exercises, bands, pulleys and more appropriately into a workout
9. Design and create programs utilizing training variables, periodization and hybrid programs
10. Integrate functional training into a training plan by using general fitness protocols, metabolic systems, and more
11. Design sports specific training programs utilizing functional training

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:

www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Instructor/Author Credentials:

Juan Carlos Santana, MEd, CSCS, is the founder and director of the Institute of Human Performance (IHP) in Boca Raton, Florida. IHP has been recognized as one of the top training facilities in the world and the best core-training facility in the United States.

Santana has been part of the strength and conditioning programs for several Florida Atlantic University sport teams over the last two decades. He is responsible for the strength and conditioning programs for men's basketball, men's and women's cross country, track and field, women's volleyball, and men's and women's swimming.

A member and certified strength and conditioning specialist (CSCS) with the National Strength and Conditioning Association (NSCA), Santana is also a member and certified health fitness instructor with the American College of Sports Medicine. In addition, he is a certified senior coach and club coach course instructor with the U.S. weightlifting team and a level I coach with USA Track and Field.

Santana currently is on the NSCA Board of Directors and is a sport-specific conditioning editor for the *NSCA Journal*. His professional responsibilities have included serving as NSCA vice president, chairman of the NSCA Coaches Conference, a member of the NSCA Conference Committee, and the NSCA Florida state director. As a college professor, he has taught sport training systems and strength training at Florida Atlantic University (FAU). An FAU graduate with bachelor's and master's degrees in exercise science, Santana is involved in several ongoing research studies with numerous universities and is working on his PhD in exercise physiology.

Founded in 2001, IHP provides an unparalleled training environment for elite athletes, including Olympic athletes in a variety of sports; world-class tennis champions; NFL, NHL, and MLB players; world champion Brazilian jujitsu and mixed martial arts fighters; numerous NCAA Division I teams; and hundreds of nationally ranked teen hopefuls from a cross-section of sport disciplines.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exercisetc.com

Sponsors: N/A